





# MAY 2006 SENIOR REGULAR MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>SALISBURY STEAK</b> <b>MASHED POTATOES</b> <b>MIXED VEGGIES</b> <b>WHEAT BREAD</b> <b>DICED PEARS</b>	<b>2</b> <b>FRANKFURTER W/ BUN</b> <b>CHILI BEANS</b> <b>STRAWBERRY WAFFLE</b> <b>*GRAHAM CRACKERS*</b> <b>*FRESH ORANGE*</b>	<b>3</b> <b>HAMBURGER STROGANOFF</b> <b>SCANDINAVIAN VEGGIES</b> <b>SLICED APRICOTS</b> <b>*APPLE JUICE*</b>	<b>4</b> <b>GARDEN SALAD</b> <b>RIGATONI W/ MEAT SAUCE</b> <b>BROCCOLI NORMANDY</b> <b>DINNER ROLL</b> <b>HONEYDEW MELON</b>	<b>5</b> <b>TOSSED GREEN SALAD</b> <b>CHICKEN FAJITAS</b> <b>W/ FLOUR TORTILLA</b> <b>SHREDDED CHEESE</b> <b>STEAMED CORN</b> <b>TROPICAL FRUIT</b>
<b>8</b> <b>THREE BEAN SALAD</b> <b>SEASONED CHICKEN THIGH</b> <b>SAVORY RICE PILAF</b> <b>VEGGIE MEDLEY</b> <b>PUDDING</b>	<b>9</b> <b>TOSSED GREEN SALAD</b> <b>MEATLOAF W/ GRAVY</b> <b>MASHED POTATOES</b> <b>WHEAT BREAD</b> <b>CANTALOUPE</b>	<b>10</b> <b>OPEN FACED TURKEY</b> <b>SANDWICH ON WHEAT</b> <b>PEAS &amp; CARROTS</b> <b>PINEAPPLE TIDBITS</b> <b>*APPLE JUICE*</b>	<b>11</b> <b>BEEF SOFT TACO</b> <b>W/ SHREDDED CHEESE</b> <b>SHREDDED LETTUCE</b> <b>REFRIED BEANS</b> <b>TROPICAL FRUIT</b>	<b>12</b> <b>SAN JOAQUIN SALAD</b> <b>CHEESE OMELET</b> <b>COUNTRY POTATOES</b> <b>BISCUIT</b> <b>*ORANGE JUICE*</b>
<b>15</b> <b>SWISS STYLE BEEF</b> <b>MASHED POTATOES</b> <b>SLICED CARROTS</b> <b>DINNER ROLL</b> <b>COOKIES</b>	<b>16</b> <b>POTATO SALAD</b> <b>TUNA SALAD SANDWICH</b> <b>ON WHEAT</b> <b>SHREDDED LETTUCE</b> <b>CANTALOUPE</b>	<b>17</b> <b>TOSSED GREEN SALAD</b> <b>CHILI CON CARNE</b> <b>CORNBREAD MUFFIN</b> <b>*FRESH BANANA*</b> <b>*APPLE JUICE+</b>	<b>18</b> <b>TOSSED GREEN SALAD</b> <b>SEASONED CHICKEN QUARTER</b> <b>STEAMED PEAS</b> <b>DINNER ROLL</b> <b>HONEYDEW MELON</b>	<b>19</b> <b>HI-C SALAD</b> <b>SLOPPY JOE W/ BUN</b> <b>MIXED VEGGIES</b> <b>*FRESH GRAPES*</b>
<b>22</b> <b>PICKLED BEETS</b> <b>CHICKEN THIGHS</b> <b>W/ MUSHROOM SAUCE</b> <b>BROCCOLI NORMANDY</b> <b>DINNER ROLL</b> <b>DICED PEACHES</b>	<b>23</b> <b>POTATO SALAD</b> <b>HAMBURGER W/ BUN</b> <b>SLICED CHEESE</b> <b>SHREDDED LETTUCE</b> <b>DILL PICKLE CHIPS</b> <b>PUDDING</b>	<b>24</b> <b>TOSSED GREEN SALAD</b> <b>CHICKEN SOFT TACO</b> <b>W/ SHREDDED CHEESE</b> <b>REFRIED BEANS</b> <b>CANTALOUPE</b>	<b>25</b> <b>HI-C SALAD</b> <b>RIB-B-Q W/ BBQ SAUCE</b> <b>GREEN BEANS</b> <b>WHEAT BREAD</b> <b>DICED PEARS</b>	<b>26</b> <b>TOSSED GREEN SALAD</b> <b>PEPPER STEAK W/ GRAVY</b> <b>PEAS &amp; CARROTS</b> <b>BISCUITS</b> <b>*FRESH ORANGE*</b>
<b>29</b> <b>MEMORIAL DAY</b> 	<b>30</b> <b>SPAGHETTI W/ MEAT SAUCE</b> <b>ITALIAN VEGGIES</b> <b>FRENCH BREAD</b> <b>HONEYDEW MELON</b> <b>*GRAPE JUICE*</b>	<b>31</b> <b>BEEF TACO SALAD</b> <b>W/ SHREDDED CHEESE</b> <b>TORTILLA CHIPS</b> <b>TROPICAL FRUIT</b> <b>COOKIES</b>	<b><u>A Message from your FMAAA Dietitian:</u></b>  Strawberries are an excellent source of vitamin C. They also supply some potassium, folate, and B vitamins. According to the American Cancer Society, foods rich in Vitamin C may lower the risk of cancers of the gastrointestinal tract. Wash strawberries just prior to cooking or serving, using a gentle spray of water. Keep the green caps on while washing, since they will prevent the water from affecting the flavor and texture of the berries. <i>Meals Matter, April 20, 2006</i>	

Funding through: Fresno-Madera Area Agency on Aging

All meals include Low Fat Milk

Suggested Donation: \$1.50